



**FAMILY**

**MAY 5, 2024**



**NEWS FLASH!**  
*God Created Us  
with Emotions!*

THINK about it. It would have been much simpler if we didn't have any. We'd be efficient robots. No more drama! (No more Kdrama-- Korean Drama-- either?)

But God wanted us to have feelings.

Every emotion has an important purpose, even the more difficult ones, like shame, guilt, fear, anger, and sadness.

And that's what we'll find out in this life-transforming series:

*FEEL: Why Your Emotions Matter.*

When it comes to our feelings, we have two big problems: We have trouble labeling them, and we have trouble leading them.

Labeling means identifying them. Naming them. Discerning them. For a lot of people, their feelings remain one giant, convoluted, chaotic blur. Sadly, when you cannot label your feelings, you cannot lead them well.

The goal of our 5-part teaching series?

To learn how to lead your emotions better, so that you can love God, love others, and love yourself more.

Have a powerful Feast today!

May your dreams come true,

**Bo Sanchez**

**WELCOME**  
**to our brand-new**  
**Feast Talk Series:**  
***FEEL:***  
***Why Your Emotions Matter***  
**Talk 1: *Shame***

## *What's Your Name?*

VINE, Branches, Superheroes, Mothers.

These are what we read about in this issue of *The Feast Family*.

Fr. Paolo Asprer, discussing the Gospel last Feast Sunday, presented our Lord Jesus as the Vine and we are the Branches-- and what happens when we are separated from the Vine, *page 3*.

What happens is we lose our way to *Eternity*. That's the title of the last talk of our Special Feast Mini-Series, *Raised to L.I. F.E. Flashback* by Bro. JC Libiran starts on *page 21*.



Bro. Tom Yokingco, welcoming us to The Feast last Sunday, asked if we are members of Justice League--in the company of Superman, Batman. But he's not talking about superpowers. But the greater power of giving, *page 12*.

Those who know that kind of power are the Mothers we care for at Grace To Be Born--our Ministry for pregnant women in crisis. Grace is our featured Mercy Ministry because it celebrates its 15<sup>th</sup> Founding Anniversary this May, which is also the month we celebrate Mother's Day, May 12, *page 29*.

Yes, we have names for just about everything that matters to us. Bro. Bo Sanchez says we should also know the name of our emotions-- the label without which we can't handle those emotions well. Don't miss his talk-- our brand-new series starting this Sunday, *page 1*.



The name we loved to hear last Feast Sunday was Ellie. That's the beautiful name of the lovely daughter of Bro. Audee Villaraza who graced our Feast just to say Thank You to you all!

All for God's Glory,

**Randy Borromeo**  
Media Ministry  
Executive Director





***FLASHBACK!***  
**APRIL 28, 2024**

## Holy Mass



**FIFTH SUNDAY OF EASTER**

## Homily

**REV. FR. ANGELO PAOLO O. ASPRER, S.S.P.**

on the Gospel John 15:1-8

Excerpts:

ONE of the famous and most-tendered symbolisms that Jesus used as He illustrated God's relationship with His people is the image of the vine and the branches.

Viticulture or the culture of grapes for winemaking is significant to Jewish culture. Wine symbolizes life, vitality, abundance, and blessings.

We heard in our Gospel Reading today of Jesus speaking about Himself as the True Vine, about God as the Vine-grower, and about us as the Branches.

We can only have fullness of life, meaning, purpose, and direction if we remain in God. Apart from God, there is death, destruction, despair, and desolation.

Grape cultivation requires a high level of care. At times, it needs to be pruned. It's just like life, isn't it? It comes with pruning because of our toils and tears. God allows pruning not to punish us but for us to produce more fruits.

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## Fruitless... Or Faithful?

Our Second Reading today says that success or fruitfulness in one's life can be seen through the person's daily decisions, choices, and relationships. You will know how deep the faith of one person is through the quality of his decisions and relationships.

Our First Reading reminds us that to be successful and fruitful, we must have that change of mindset and outlook like St. Paul, The Apostle. Our perspective can either be our prison or our passport to a different life. It's not easy to embrace change.

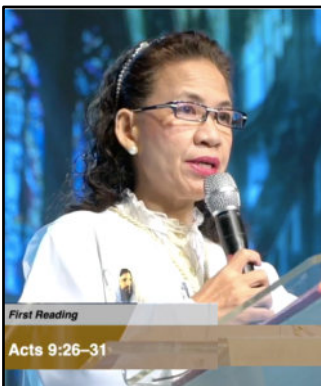
Growth is painful. But nothing is as painful as being stuck in a situation wherein we do not grow and do not truly belong.

My dear Feasters, are you successful in life?

Is The Feast Community successful?

Are you successful? Are you fruitful? You may be successful, but you're not bearing fruits. In as much as you are fruitful, but you are not always successful. We don't bear fruits all the time. Sometimes, we have barren moments.

But even though we are fruitless, we remain faithful.



### **First Reading: Acts 9:26-31**

*<sup>26</sup> When Saul arrived in Jerusalem he tried to join the disciples, but they were all afraid of him, not believing that he was a disciple. <sup>27</sup> Then Barnabas took charge of him and brought him to the apostles, and he reported to them how on the way he had seen the Lord and that he had spoken to him, and how in Damascus he had spoken out boldly in the name of Jesus. <sup>28</sup> He moved about freely with them in Jerusalem, and spoke out boldly in the name of the Lord. <sup>29</sup> He also spoke and debated with the Hellenists, but they tried to kill him. <sup>30</sup> And when the brothers learned of this, they took him down to Caesarea and sent him on his way to Tarsus. <sup>31</sup> The church throughout all Judea, Galilee, and Samaria was at peace. It was being built up and walked in the fear of the Lord, and with the consolation of the Holy Spirit it grew in numbers.*



## What Is Success?

I recall these two university professors, Howard Stevenson and Lauren Nash.

They made a survey among their business students. They wanted to find out what makes a person truly and enduringly successful.

For these professors, success is a broad concept. For someone to be truly successful, a person or a company must possess these four irreducible traits which means that if one lacks one of these traits, then that person or that company cannot be considered successful.



### 1. Happiness

The definition of happiness depends on the person defining it. There is fleeting happiness and there is lasting happiness. You can be happy about yourself, but others don't feel the same for you.

### 2. Achievement

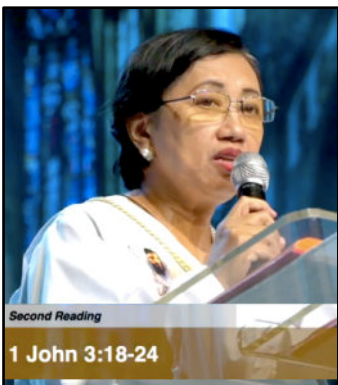
Do you have accomplishments that you claim as your own?

### 3. Significance

Has your life created a positive impact on the lives of others?

### 4. Legacy

Your success should not only serve you and your loved ones but should also serve the greater community of God.



## Second Reading: 1 John 3:18-24

*18 Children, let us love not in word or speech but in deed and truth. 19 Now this is how we shall know that we belong to the truth and reassure our hearts before him 20 in whatever our hearts condemn, for God is greater than our hearts and knows everything. 21 Beloved, if our hearts do not condemn us, we have confidence in God 22 and receive from him whatever we ask, because we keep his commandments and do what pleases him. 23 And his commandment is this: we should believe*

*in the name of his Son, Jesus Christ, and love one another just as he commanded us. 24 Those who keep his commandments remain in him, and he in them, and the way we know that he remains in us is from the Spirit that he gave us.*

## Is Jesus *Successful*?

Is being successful the only challenge we have in life? Perhaps there is more to being successful-- and that is to live a fruitful life.

When you look at Jesus hanging on the Cross, can you say He is successful? Not all the time.

But He lived a fruitful life.

What is the difference between being successful and being fruitful?

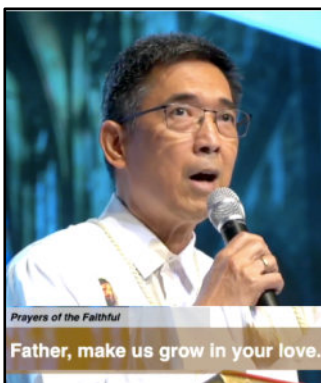
When you're successful, you always want to be number one. There is nothing wrong with it. Excellence is a virtue.

When you are a fruitful person, you put others first-- before your concerns. Many times, service comes first. The beloved comes first.

When you are successful, there is always the tendency to compare and despair. We, the Pauline priests, produce programs. Our mantra is, "We are only good as our last performance."

Sometimes, there is a tendency to measure our worth and dignity with the passing standards of the world. But when you are fruitful, your simple desire is to bear fruit. You do not compare.

Each of us has his own journey. When you're successful and depart from this world, people will forget your achievements. But when you are fruitful, even when you depart from this world, the good seeds that you sowed will continue to bear fruit.



My dear Friends, that is the ultimate challenge of our Readings today. The ultimate goal of life is not just success but fruitfulness.

Fruitfulness is not always success. Fruitfulness means faithfulness. Even though we do not bear fruits at all, we remain faithful to the Lord. Amen.

## Commissioning of EXTRAORDINARY MINISTERS of HOLY COMMUNION

**FR. PAOLO ASPRER:**

My Brothers, Helpers in this Service, you have been called and are now to be commissioned again as Liturgical Ministers.

I urge you to be models of Catholic Living in the manner you worship, talk, serve, and in the way you live.

Strive to be holy through a genuine love of the Liturgy, the Sacrament of love, and unity. Always remember that you are disciples of the Sacrament of the immeasurable love of our Lord

Jesus Christ who gave His disciples the great commandment of love. Love one another, He said, as I have loved you.

May your service in the sacrament of the Eucharist be a true reflection of your personal effort to love God and your fellowmen just as Christ loves. In the same way that the sacrament unites you even now with God through Christ. May your faithful service reward you with life everlasting, in the company of our Father.

Brothers, please answer the following questions truthfully:

**Are you resolved to undertake another year the Office of the Extraordinary Ministers of Holy Communion-- the duty and responsibility of giving Holy Communion in the Holy Eucharist celebrated in The Feast Bay Area, and the big events of the Light of Jesus Family?**

**Response:** Yes, Father, I am.

**Are you resolved to perform the duty of giving the Body of our Lord Jesus to our dear brothers and sisters, and to serve for the benefit of our Holy Mother Church?**

**Response:** Yes, Father, I am.

**Are you ready to serve the Holy Communion with utmost care and reverence?**

**Response:** Yes, Father, I am.





My Brothers, you may now wear the white hood.

My dear people of God, pray confidently to the Father. Let us ask Him to send His Grace to our brothers who have been re-commissioned as Extraordinary Ministers of Holy Communion.

*Merciful Father, You are the Creator and Guide of Your people. Bless these Brothers who have offered themselves to serve Your Church and Your people for another year. May they faithfully bring Your Bread of Life to your people. May the power of this Sacrament be their strength to reach the Heavenly Feast. We ask this in the Name of Jesus, our Lord. Amen.*





## Commissioning of LECTORS and COMMENTATORS

My Brother and Sisters, Helpers in this Service, you have been called and are now to be commissioned again for another year as Liturgical Ministers. I urge you to be models of Catholic Living in the manner you worship, talk, serve, and in the way you live.

Strive to be holy through a genuine love of the Liturgy, the Sacrament of love, and unity.

Dear Lectors and Commentators, you are not just readers-- but proclaimers of the Word of God, speaking in the Name of God, delivering His message of love and expressing His thoughts, His will, and concern. Only with a strong prayer life and sacramental life can you succeed in the Ministry based on an intimate partnership with God and a generous commitment to Christ.



Lectors and Commentators, please answer the following questions truthfully:

**Are you resolved to undertake once more the Office of Lectors and Commentators the duty and responsibility to proclaim the Word of God in the Holy Eucharist celebrated in The Feast Bay Area?**

**Response:** Yes, Father, I am.

**Are you resolved to serve once more with the spirit of Christ, the spirit of humility, gratitude, generosity, love, and service-- not seeking your own pleasure, convenience, and honor, but the glory of God and the building up of the Body of Christ, the Church?**

**Response:** Yes, Father, I am.



Lectors and Commentators, please put on your battalion cords.



My Brothers and Sisters, let us pray with confidence to the Father. Let us ask Him to send His Grace to our Brother and Sisters who have been recommissioned as Lectors and Commentators.

*Everlasting God, when Jesus read in the synagogue at Nazareth, He proclaimed the Good News of Salvation for which He would give up His life. Bless these proclaimers as they proclaim Your Words of life, strengthen their faith, that they may read with conviction and boldness-- and put into practice what they read.*

*We ask this through Christ, our Lord. Amen.*



# Welcome!



## **BRO. TOM YOKINGCO:**

Good Morning, Church!

First, we'd like to welcome all the first-timers. Yes. Welcome Home!

And I believe we have a lot of young people from De La Salle.

Let's do something different today. We are a church, so we should know each other. Most of the time, we sit with those we know. Okay, this time, for a few minutes, let's go around, let's greet as many as we can-- those we don't know. Know them ask their name, and just say "I'm happy you're here this morning."

So, let's do that-- not with those we already know. Greet those you don't know and get to know them.

Okay. Next Sunday, I want you to approach those you've gotten to know today and tell them, "I'm happy to see you again."

I see a lot of people wearing pink shirts up front, and I believe these are the graduates of the latest Lighten Up Couples Retreat...



You can see their smile, their glow -- that is because of the Retreat they attended. Next time we run it, we invite couples to join the Lighten Up Couples Retreat or what we call the LUX Retreat.

So, your relationship will be like their relationship now: bright, renewed.  
Thank you so much, LUX retreatants.

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## Love Offering

One of the Ministries that benefits from your Love offering is the Awesome Kids Ministry. So, those with children ages four to nine years old, if you want your children to experience a different Feast-- a Feast for children-- bring them to the Banquet Hall 3-- it's on the other side-- so they will have a different experience and they will receive the same teaching we are giving here. So, just bring them there and let them be surprised by the Awesome Kids Ministry.



The last time I was here, I asked you, who are members of the *Justice League* (American film on superheroes - Superman, Batman...) Not many raised hands because many here turned out to be Marvel (Spider-Man, Captain America) fans.

But I believe all of us at one point in time became members of the Justice League.

Even now, some of us are members of the Justice League ...

Okay, let me put it this way... When I say *Justice* slowly, it sounds *Jus-tiis*-- in English, *Just Forbear*... There are times when we go through difficulties and we are called upon to *just forbear*-- to be patient, to wait on God. There are times when we have trials and difficulties... when we have nothing.

And I'd shared this before... When our family business fell. We were down to nothing. But we were called upon to still *give*.

Brothers and Sisters, do you know the song *Oceans* by Hillsong? There's a line in the song that goes: *Your grace abounds in deepest waters*...

To those who are amid difficulties and trials, believe you me God's Grace is with you. You may not feel it now, but I tell you, it's there.

To those who are not so much in difficulty, you should be thankful always for the grace that abounds in your life.

Last week, Bene (Sanchez) told us about radical giving. And I believe, yeah, that is the calling for each and every one of us-- even those who are undergoing difficulties. We just have to ask God to give us the strength, the grace to just continue to trust in Him no matter what we are going through.

## Into the Ocean of Grace

You know, if all you have is P10.00, or P20.00, God will honor you-- if you just step out in faith and just say, *“Lord, this is just all today. Please accept this-- from my heart to Yours. Use it for Your glory.”*

That is a call for us: to step out, to step out and be swept out into the ocean of grace, to the ocean of blessing.

Before we stand up for our Love Offering, I want us to listen to this wonderful song-- it’s a bridge from the song *Oceans*, and let this be our prayer before we stand up and offer what we want to offer to God. Let’s ask for the Spirit to guide us, to lead us into a more trusting posture so that we may be swept out into the ocean of grace...

*Let me walk upon  
the waters  
Wherever You would  
call me  
Take me deeper than  
my feet could ever  
wander  
And my faith will be  
made stronger  
In the presence  
of my Saviour...*



*Loving Father, Thank You so much for always being there for us. For always being faithful. Lord, this is our offering. We step out now in faith knowing that You will honor our hearts. Use this for Your greater glory. And as You use this, we pray that You increase our faith. You increase our trust. Give us peace as we receive Your Grace. In Jesus’ Name. Amen and Amen.*

**FEAST** **Help the Feast Mercy Ministries. Help them all.**

 Anastin Lay Missions Foundation, Inc.	 Grace to be Born Maternity Home and Nursery	 He Cares Foundation Street Children Caring Center	 Jeremiah 33:4-7 Foundation	 Pag-asa ng Pamilya Scholarship Foundation
 LOJ Prison Ministry	 LOJ Pastoral Care Center	 HAIL Mary of Abra	 Jesus Christ Cares for Cancer	 Shepherd's Voice Radio and Television Foundation, Inc.

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# Worship!

## EXHORTATIONS

### BRO. RYAN NABUS:

Good Morning, Feast!

I don't know if you're aware of this, but there's this phenomenon going on, and it's affecting everyone. And I'm sure you're feeling it as well-- whether you're young or you're old and whatever you do, wherever you're coming from. I'm sure you're experiencing it. You knew this phenomenon called *init*-- the *Summer heat*.

I don't know if you've seen the heat index some days ago-- 45 Degrees Celsius, 48, in some areas, 50. And I'm sure you're experiencing it, especially those who are in an air-conditioned office-- when you go out, you're like stepping into a microwave oven.

What do we do when it's too hot outside? I'm sure you will agree with me-- for those of you who have it, turn on the air-con. Yes? Or at least your fan. And when you turn on your air-con, you put it on maximum setting-- the coolest setting. Yes? And then you stay in front of it and just enjoy the cool air, relax.

We do everything just to make us feel comfortable, just to have some sort of relief.

For some, the heat is the least they are concerned with. The discomfort we feel is not just because of the heat outside. Maybe the cause is something deeper. Something is going on in our lives that is more serious, bigger, right?

And that's why I thank God for this gift, for this tool that we call Worship. Aren't you grateful for Worship? Because you may be under the sweltering heat of your situation right now. But in Worship, we find sanctuary for comfort and peace. in the loving Presence of our God. And that's what we're doing right now. We're going to turn on the maximum setting of our Worship.

Psalm 6 says: *Taste and see that the Lord is good. Blessed is he who takes refuge in Him.*

So, let's pray:

*Lord, we take refuge in You. Right now we come to You in Worship. We lift our praise. We lift our voices, Lord God. We want to focus on You, Lord. Because we believe that You are the God of everything we need, Lord God. You take care of everything that we are anxious about, that we are worried about. And there's nothing that You can't handle, God. So, we worship You today. Hallelujah!*







**I WORSHIP YOU**



**YOU ARE HERE  
WORKING IN THIS PLACE**



**YOU ARE HERE  
MOVING IN OUR MIDST**



**WAYMAKER  
MIRACLE WORKER**



**PROMISE KEEPER  
LIGHT IN THE DARKNESS**



**MY GOD  
THAT IS WHO YOU ARE**



**YOU ARE HERE  
TOUCHING EVERY HEART**



**YOU ARE HERE  
HEALING EVERY HEART**



**YOU ARE HERE  
TURNING LIVES AROUND**



**YOU ARE HERE  
MENDING EVERY HEART**



**I WORSHIP YOU**

FEAST BAY AREA WORSHIP

WAYMAKER

# WAYMAKER

TEELAND  
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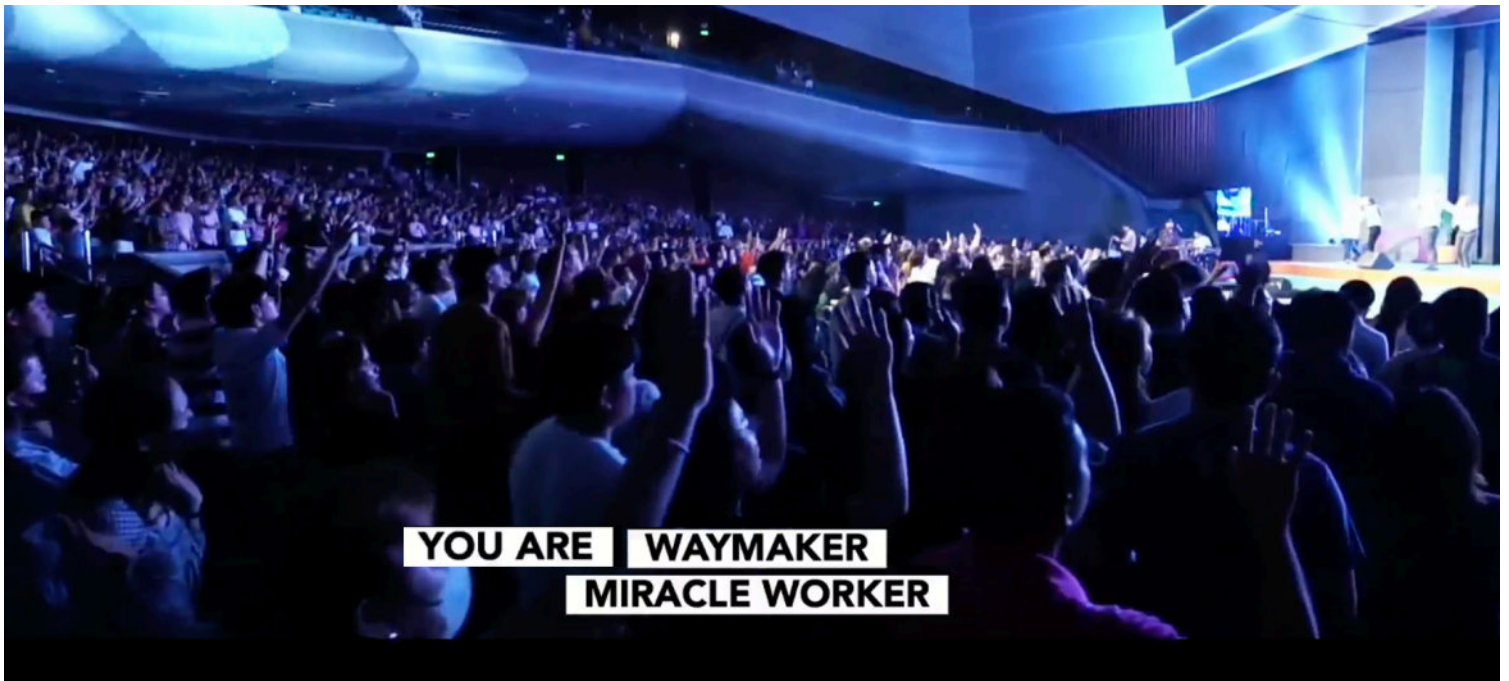


**BRO. BO SANCHEZ:**

You are the source of every blessing. You are the source of every comfort. You are the source of every wisdom that we need. You are the source of every strength that we need so that we can go through battles. You are the source of light when we are in darkness. You are the source of every guidance when we are confused.

And Jesus we report for duty. We are here because You are the vine and we are the branches. And without You there is no life in us. and we cannot bear fruit. Without You we are nothing. You are the Waymaker. You are

the Promise Keeper. You are the Miracle Worker. In Jesus' Name.





# NOVENA TO GOD'S LOVE DECLARATION OF ABUNDANCE



Today, I receive all of God's love for me.  
Today, I open myself to the unbounded, limitless, overflowing abundance of God's universe.  
Today, I open myself to God's blessings, healing, and miracles.  
Today, I open myself to God's Word so I become more like Jesus every day.  
Today, I proclaim that I am God's beloved.  
I am God's servant. I am God's powerful champion.



And because I am blessed, I am blessing the world.  
In Jesus' name. Amen.





Give the Lord a big hand and love Him today.

God is here. Thank You, Father.

Thank You, Jesus. We love You, Lord God.

Give somebody a Hi-5 or a big hug. Just greet one another and once again, tell that person, “I’m happy you’re here.”

And let’s give a big hand to our Worship team. And all the servants. Hundreds of people come every Sunday to serve you. And that’s so true. Some of them wake up early in the morning and they come here. The sun is not yet out but they’re here just to set up the place.

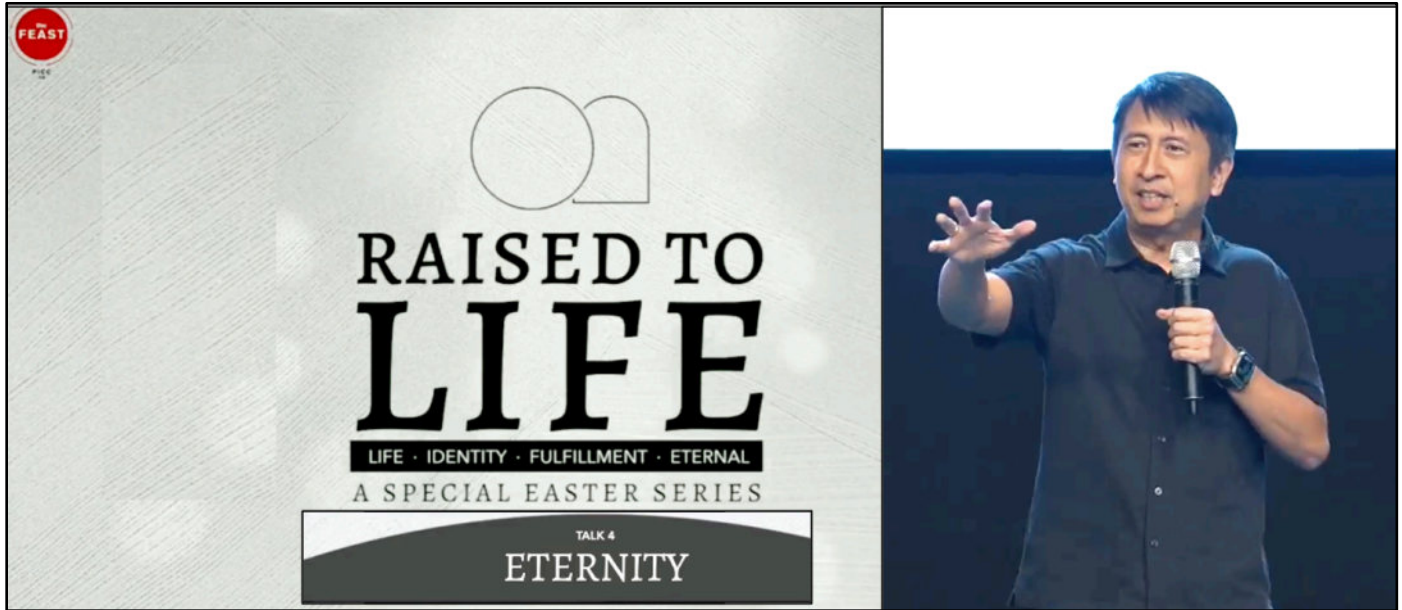
When you go home, later on, at the end of The Feast, and you meet the Greeters, members of the Warmth Ministry, the people in the Production and Security, just thank them for serving the Lord.

You know, we have an Usher, she’s a judge but here, she’s an Usher. The whole week, from Monday to Friday, when she enters the courtroom, people all stand up. But on Sunday, she stands up for you.

We have a Wife of a Vice Mayor, but here, she serves as an Usher.

There are people who just love to serve and that’s why we’re here. Amen. So good. Wonderful.





## INTRODUCTION

### **BRO. BO SANCHEZ:**

I came from Korea. *Saranghae!*

I brought my bike there, so I did biking every day.

I try to bring my bike wherever. On YouTube, there are videos there on how to lighten your bike. The lighter your bike, the faster you go and the easier you pedal. That's the reason people buy light bikes. There are videos there on how to change your bike handle to something lighter, change the fork to carbon, change your seat and your wheels to something thinner...

But you see, when I bike, I'm not after speed. My goal is not only to strengthen my heart and my lungs but to develop muscles. Because of my busy schedule, I bike only for 30 minutes to 1 hour a day. I want to make the most out of it. My goal is not speed but strength, so I got a heavy bike which is 12 kilos. I also put my bag there which has my water, my books, my tools for my vlog, my gadgets-- I have two mobile phones.



## The Goal

The point I'm driving at is this:

Life is a journey.

Life is not a sprint, it's a marathon.

The goal is not speed but strength.

People ask me: "Bro. Bo, where do you go when you ride your bike?"

I answer, "To a coffee shop."

I bike to a coffee shop. In there, I drink my coffee. I pray. I read. I love it!

But the destination is not the coffee shop. I can ride a car to go to the coffee shop. The goal of the trip is not the coffee shop. The goal of the trip is to gain strength.

What is the goal of your life? Is it to go to Heaven? I'm telling you:

*Yes and No.*

We all want to go to Heaven. We talked about this last Easter Sunday. Heaven is not a place for ethereal souls floating on clouds. Heaven is going to be corporal, physical, and amazing. But Heaven is not the goal.

The goal of your life is to gain spiritual strength. The goal of your life is to become more like Jesus.

Do you know how to become spiritually stronger? It's when you go through difficulty.

Say this after me: "I will take up my cross."

Trials in your life are crosses but so are responsibilities. When you take responsibility, you gain spiritual muscle. You do things you're not supposed to do.

Think about it: Why should I serve the Lord for 40-plus years? It's a responsibility that I do not need. But when I started to be responsible for the people in my life, I became stronger. I've got 200 hundred employees in my business. I'm responsible for them. I wake up in the morning and I think about them. My business must grow because if not, 200 families will starve. They are my responsibility and it's difficult. But guess what? It's good! I'm getting stronger.

When God calls you to do something, say *Yes* even if it's difficult. Do it even if it's something you don't want to do.

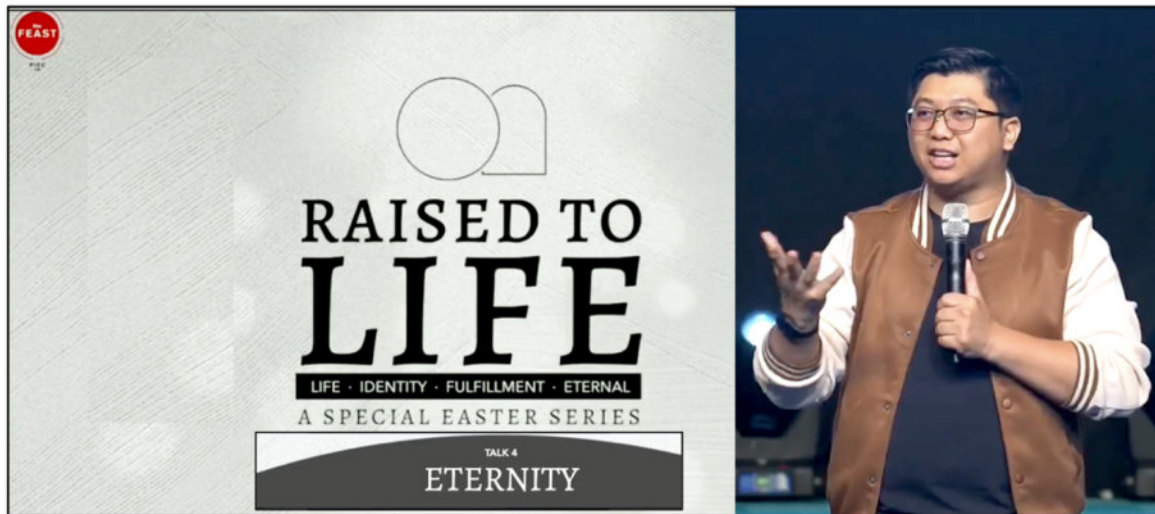
We all want a comfortable life but I'm speaking God's Word to you now: You will be weak if you do not take responsibility.

What is the goal of life? It is a marathon to gain spiritual strength through the difficulties and the burdens of life.

JC, take it away.







### **BRO. JC LIBIRAN:**

Thank you. Let's give Bro. Bo a round of applause. We need that message: That we need to be strong -- mind, body, spirit. Yes?

We often hear the saying, "Life is short, better enjoy it!"

We all agree, right?

Because of this thinking, we also subscribe to a lifestyle of "Eat, Drink, and be Merry for tomorrow, we die."

It's just but right that we enjoy the fruits of our labor. But sometimes, we become too focus on the *now*. We pursue worldly matters such as money, fame, or power. At one point in our lives, all of us are guilty of that crime. I'm not saying those are all wrong...

English preacher Charles Spurgeon said, "Life is short. Eternity is long. It is only reasonable that this short life be lived in the light of eternity."

What you believe about eternity determines how you live today.

Here are questions for reflection--if you're into journal writing, or as a Feast Light Group, or for a family or group of friends, talk about this>

#### **REFLECTION:**

- 1.) What is your *understanding of Eternal Life*?
- 2.) How are you *preparing for Eternity*?

## Today's Message



As we go into the last talk of our *L.I.F.E* series, we will discuss about *ETERNITY* to answer the questions: 1. Where do we go? 2. How do we get there?

Our desire for holy and heavenly pursuits never ends. A lot of TV shows and movies have been created for us to have an idea of what Heaven or Eternity is but still, a void, a question, remains in our hearts.

When you talk about eternity, there are terms that have been written in the Bible such as *everlasting life*, *Kingdom of God*, or *salvation*.

The Hebrew word for *age* is *olam*. It speaks of a period of time, a reference to the past, like during the time of Moses, during the time of Abraham.

But we emphasize here that when you are under the Lordship of Jesus, Heaven is not just something experienced *beyond*. It's something that we experience right here, right now. If God reigns in your heart, no boundaries. Nothing can separate us from the love of God.

But here's the challenge: Are we living in God's terms or in our own terms? When it's always our way, that's not Heaven. It's an absence of God.

Our one big message today is this:

*You are destined to be with God forever.*

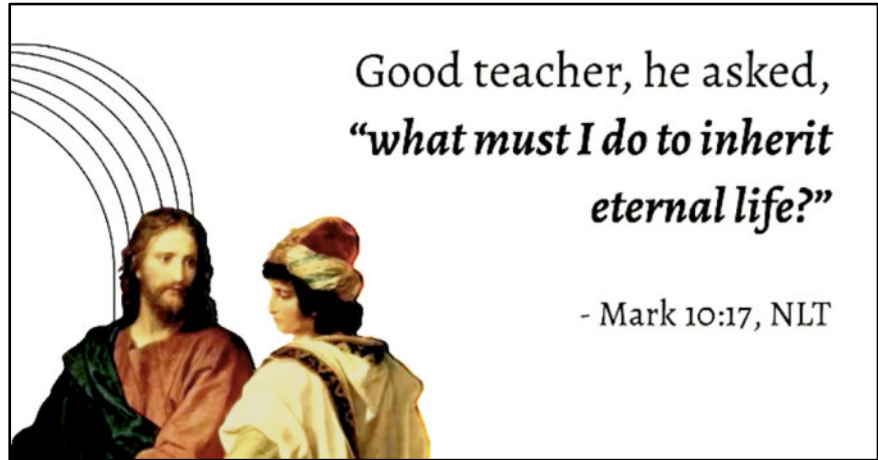
The imposition of ashes on our foreheads during the Ash Wednesday tells us that from dust we came and shall return. Each time we visit wakes-- it wakes you up. It reminds you that *susunod ka na*--you will be next. I'm not saying this to frighten you. Dying should not be scary when you have God in your life.

*Susunod ka na* means *you will follow*. Who will you follow? Jesus. If you are a Jesus follower, no need to worry in this life and in the next life.



Let's honor the Word of God:  
*Thy Word is a Lamp unto my feet  
and a Light unto my path.*

The verse is taken from the Gospel of Mark,  
Chapter 10 verse 17. The rich young man said:

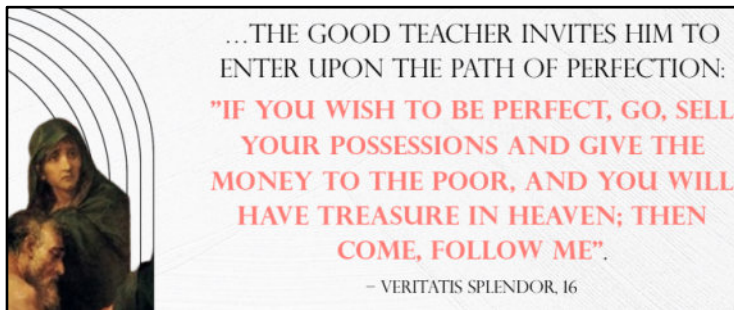
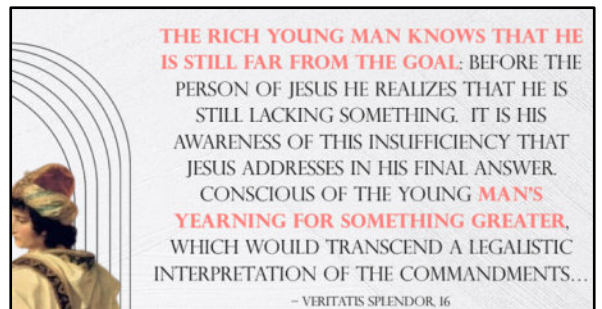
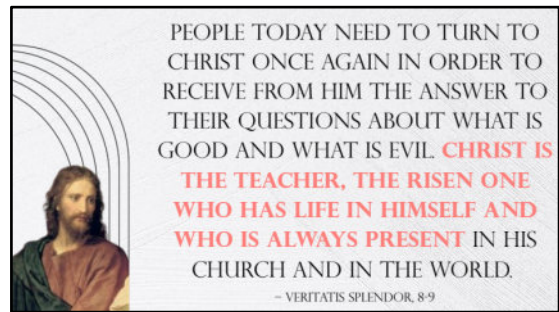


The rich young man ruler who has everything already -- yet in his heart and mind, something is still lacking.

Maybe that's the reason this man's name was never mentioned in the Bible. He represents each of us. Whatever the state of our faith is, there is still something that we're lacking.

I'm reminded here of the encyclical of Pope John Paul II, *Veritas Splendor-- The Splendor of Truth*-- which speaks about the teaching of the Church:

Christ does not abandon us. So, we should walk with Him. And as we shift our focus now on the rich young man ruler, we would have the same experience>





The Lord wants you to live not just in this world, but with God.

Receive His message to you today.

And it's reminding you, from John 10:10>

So, let go.

Everybody say this after me:

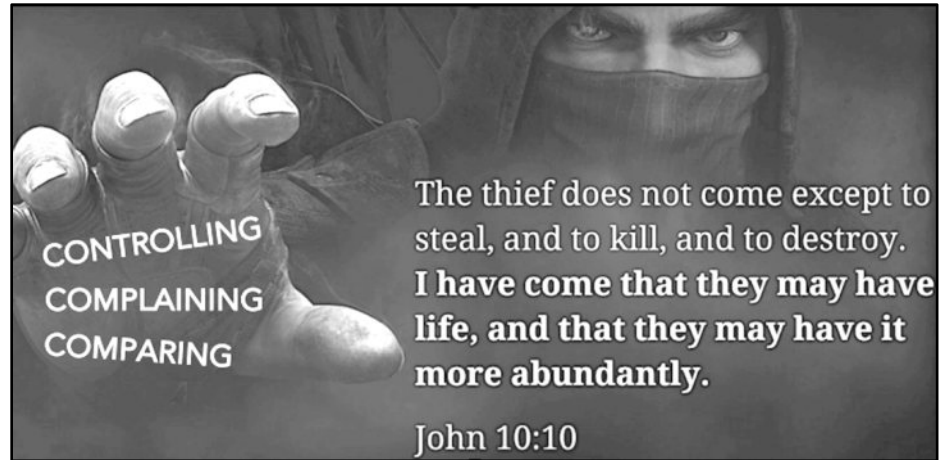
"I let go of controlling.  
I let go of complaining.  
I let go of comparing.  
And I just hold on to God's promise.  
Amen."

Once again, let's give the Lord a big hand.

*Thy Word is a Lamp unto my feet  
and a Light unto my path.*

Are you preparing for Eternity?  
I want you to say this after me:

24 The FEAST FAMILY May 5, 2024



I AM RAISED  
TO **LIFE**  
TO **LOVE**  
FROM HIS **IDENTITY**  
FOR **FULFILLMENT**  
FOR **ETERNITY**

# Three Truths about ETERNITY



There are three truths about Eternity I want to share with you:

## 1. Eternal life is a gift from God.

*“For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.”* - Romans 6: 23, NLT

You have been given a precious gift. Are you accepting it? Are you receiving it? Are you giving importance to it? Are you sharing it to others?

When it comes to Eternity, we always ask: “What happens to us when we die?”

When we look into the Catechism of the Catholic Church, we are reminded that once we die, our body decays and our soul meets God. Lastly, we wait for the reunion with God, the full communion. Of course, there is discussion about Heaven, Hell, and Purgatory.

Heaven is not a place. It is God's Presence in your life. If God is in your life now, then you are in Heaven. On the other hand, Hell speaks about the absence of God. Purgatory is the necessary purification.

## 3 States of the Church

### 1. Church Triumphant (in Heaven)

We ask for the intercession of saints when we pray

### 2. Church Militant (on Earth)

Bro. Bo reminds us that we are pilgrims. We are journeying. The good thing is that you are not journeying by yourself. We travel together. This is the gift of our Feast.

### 3. Church Suffering (in Purgatory)

These are the souls in Purgatory. They need our prayers.



**2. God has planted a seed of Eternity in your heart.**

*“God has set eternity in their (OUR) hearts” – Ecclesiastes 3:11*

Whether you fully understand this or not, the Lord has already planted the seed of Eternity in your heart.

We want to celebrate this and share it with others.



**3. Because of God’s promise and love, everlasting life is possible.**


*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” – John 3:16, NIV*

That’s why every Lent, we are reminded of what the Lord has done during his Passion, Death, and Resurrection. God has shown that whatever happened to Jesus will also happen to us.

This reminds us of the story-- even before Jesus died and resurrected-- the story of Mary and Martha losing their brother Lazarus (whom Jesus raised from death.) Very dramatic.

Amid the drama, here’s Jesus saying:

**“I AM THE RESURRECTION AND THE LIFE. ANYONE WHO BELIEVES IN ME WILL LIVE, EVEN AFTER DYING. EVERYONE WHO LIVES IN ME AND BELIEVES IN ME WILL NEVER EVER DIE. DO YOU BELIEVE THIS?”**



- JOHN 11: 25-26, NLT

How about you? Do you believe in this?

It takes time for this to happen. As Bro. Bo said, our spiritual life should keep better and better.



### 3 WAYS TO PREPARE FOR ETERNITY

Now, if those are the three truths, let me now challenge you to do these three ways to prepare for Eternity:

#### 1. Ask for God's Mercy-- and Repent

I'm reminded of Jesus' dialogue with the good thief who said to Him, "Lord, remember me when you are in Paradise."

Even in the last minute, he was able to 'steal' the eternal life.

Jesus said to him, "Today, you will be with me in Paradise."

It gives us the assurance that even if you are the worst sinner there is, the eternal life can still be given to you. The God that we have is a God of many chances, a God full of mercy.

#### 2. Accept and surrender to God.

Let go of controlling, complaining, and comparing. Those are the ways of the enemy to snatch us from our promise to fully surrender to God.

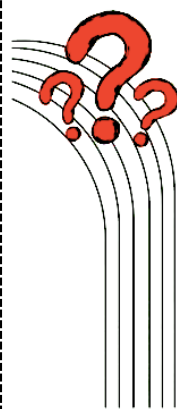
#### 3. Act and share this gift of Eternity to others.

I want to honor all of you are here. You're not just coming by yourself. You represent the people you are with from Monday to Saturday. After The Feast, you get to share to them the Good News of the Lord. Not everyone can come to The Feast-- so we bring The Feast to them.

I'm a life coach. I ask questions so that people can understand, discover, acknowledge the truth in them.

As I ask you these questions, treat this as a real talk, not just with yourself but with God.

You may be ready or not ready to answer these questions, but nothing can change the truth that you and I are destined to be with God forever. Nothing can take that away.



How will you live your life DIFFERENTLY if you know that **one day you will die** ?

How will you live your life if you were only given **one week to live** ?

How are you preparing for **eternal life** ?

## Receive God's Message *Now*

I've had many near-death experiences. I'm just blessed to stand before you.

I know that God has a lot in store not just for me but for all of us.

Let's remember that we will not experience Eternity just when we die. As early as now, we can experience that when we have Jesus in our hearts.

That's why I love *The Parable of the Talents* in Matthew 25:33 where Jesus said to that faithful servant:



**'WELL DONE,  
MY GOOD AND  
FAITHFUL  
SERVANT...'**

**COME,  
SHARE YOUR  
MASTER'S JOY.'**



Receive that message *now* in this life-- not in the afterlife.

Put your hands on your heart. Embrace yourself. Say this prayer after me:

*Dear God, grant me the grace to live for what lasts for eternity.  
I come to you in trust and surrender of\* my life here and beyond.  
I won't live just for today. I will live for Your glory. I believe in the communion  
of saints, the forgiveness of sins, the resurrection of the body, and the life  
everlasting. Amen.*

Heaven is here. Experience Jesus' love right here, right now.



# MERCY MINISTRIES

*God blesses those who are merciful,  
for they will be shown mercy.*

--Matthew 5:7

## GRACE TO BE BORN

### *Starting with a Miracle*

THIS month of May, Grace To Be Born marks its 15<sup>th</sup> Founding Anniversary. Why May? Read on...

GRACE TO BORN has embraced as its Patron Saint Our Lady of Guadalupe, Protectress of Unborn Children.

Devotion to Our Lady of Guadalupe began way back in 1531. Tradition has it that Mama Mary appeared to an Aztec (part of an ethnic group in Mexico) named Juan Diego, in Guadalupe, a city in northeastern Mexico-- who converted to Christianity.

Mary appeared on Tepeyac Hill (now a suburb of Mexico City) twice. On her second appearance, Juan Diego opened his cloak and a dozen roses fell out. An image of Mary was imprinted on the cloak -- this image now at the Basilica of Guadalupe.

Online accounts on Our Lady say that when she appeared on Tepeyac Hill, she introduced herself as Mother of God and Mother of Humanity. So, to this day, she has been proclaimed as Patron Saint of Mexico and Patroness of the Americas.

Apparently since “humanity” connotes human life, Aztec art presents an image of Mary as pregnant. Note that in the image, Mary is wearing around her waist a black girdle-- a symbol of pregnancy. So, in 1999, Pope John Paul II named her Protectress of Unborn Children.





## Divine Design

Fast forward to the Year 2008. In August 2008, preaching at The Feast, then still being held at the Valle Verde Country Club in Pasig City, Bro. Bo Sanchez talked about the evils of abortion.



By Divine Design, among the audience happened to be Bro. Rey Ortega, brainchild of most of our Mercy Ministries, with his supportive wife, Sis. Myrna.

Also, by God's grace, a month before, in July 2008, Bro. Rey and Sis. Myrna just came from a pilgrimage to Our Lady of Guadalupe Shrine in Mexico City. There, they learned about Our Lady being the Protectress of the Unborn.

And the couple sadly noted there was no ministry in the Philippines focused on saving the unborn.

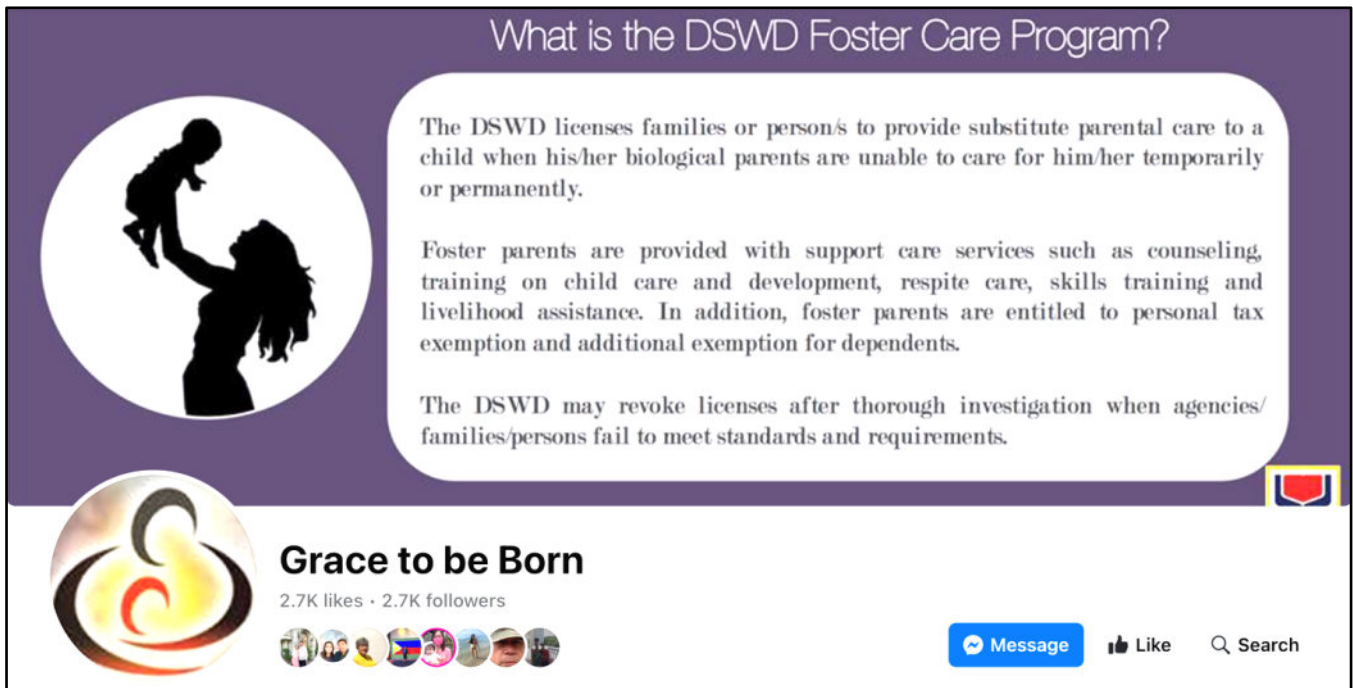


Bro. Bo and the couple, along with supporters, were able to meet to discuss establishing such a ministry on May 8, 2009.

May 8, happens to be the birthday of Sis. Pilar Sanchez (*below right*), Bro. Bo's mother, a staunch supporter of Grace.



Long story short, Grace To Be Born was born on May 9, 2009. No doubt, Grace To be Born is God's Design. Because the following Sunday, May 10, happened to be Mother's Day —just the right day to give Grace as gift to the women the Ministry would hence take care of.



Grace To Be Born maintains a home for pregnant women in crisis, taking care of them throughout the nine months of their pregnancy in a Grace Home, providing board and lodging, medical care, and spiritual nourishment the mothers need to cope with their situation.

After giving birth to her baby, a mother may opt to bring home her baby. Or, for one reason or another, she may opt to leave the child in an orphanage which Grace maintains right in the Grace Home. Grace also has set up a foster care program which is duly recognized by the Department of Social Welfare and Development (DSWD).

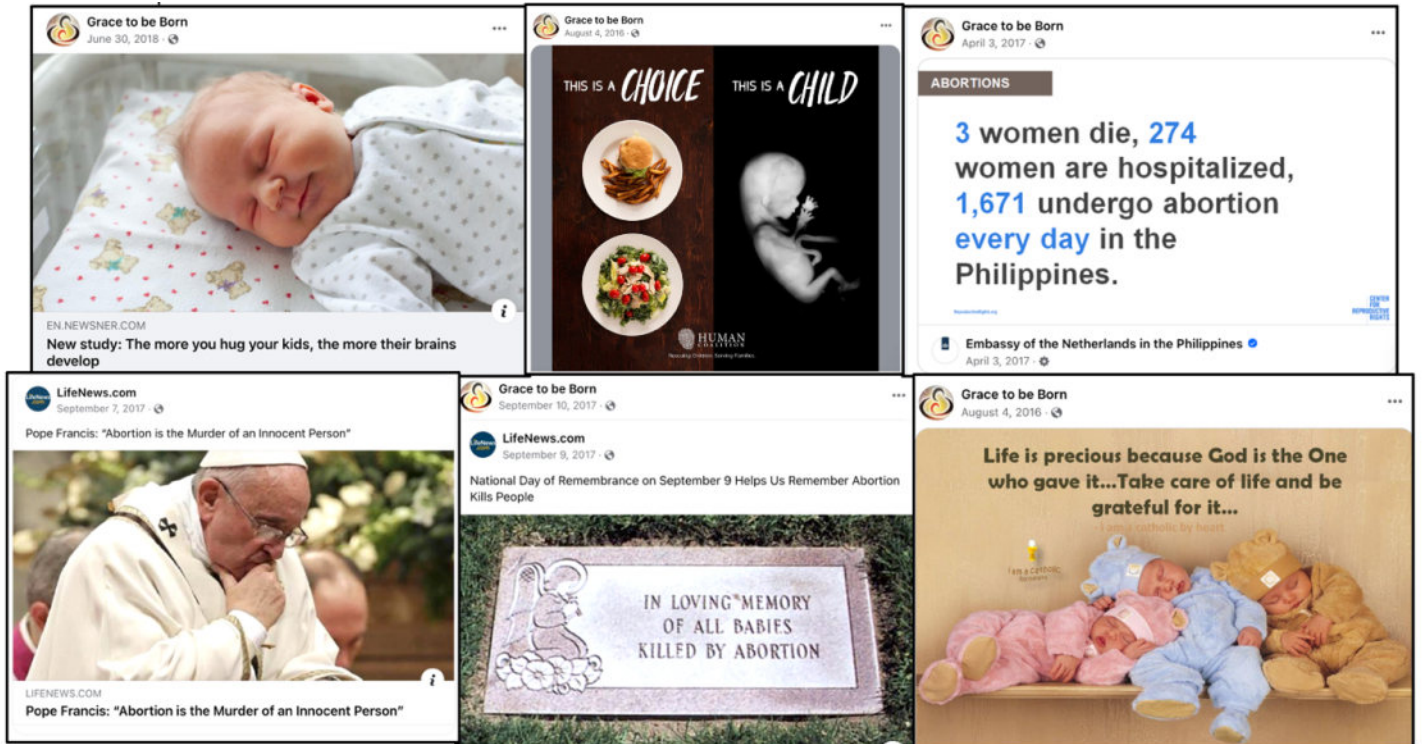
*Above*, the cover photo of the Grace To Be Born Facebook page explaining the Foster Care Program.



## Relentless Mission



Led by Executive Director Sis. Ester Palacio (*center*) are the courageous frontliners serving Grace mothers and babies amid the challenges of the Coronavirus Disease Pandemic.



Yes, Grace relentlessly pursues its mission. Also on its FB page, it posts campaigns against abortion.

Indeed, to give babies the grace to be born.





## **Thank You!**

The Feast Family, now organized as the Feast Mercy Ministries, is a spin-off ministry of the Light of Jesus Family founded by Bro. Bo Sanchez. Earlier named as Kerygma Family, The Feast Family is a unique online, non-physical, borderless, international community of friends who support each other's personal growth.

Partner beneficiaries of the Feast Mercy Ministries flourish because of your generous support.

Thank you for being with us. We pray that you find your daily source of inspiration from the resources that we send to you. We pray too that you may consider giving to The Feast Mercy Ministries. No gift is too small.

Thank you very much in advance for your gift. Our prayer is that God will continue to reward you as you give.

### **FOR EXISTING DONORS:**

Thank you for the Love. Your monthly donation helps us to continue extending support to our Light of Jesus spin-off organizations, including our partner beneficiaries. Your gift will sustain our operations and, we hope, help us reach out to the persons our Lord has called us to make disciples and give them renewed hope.

Be a Feast Family member. Write or call us. Now.

Email Address: [jocelyn@kerygmfamily.com](mailto:jocelyn@kerygmfamily.com)

Website: <https://kerygmfamily.com>

## Our Partner Beneficiaries

**Jeremiah 33 Foundation**  
is a shelter for minor girls particularly victims of sexual abuse.



**Grace To Be Born**  
is a halfway home for pregnant women in crisis.



**He Cares Mission**  
provides shelter and pastoral care for street children.

**Pag-asa ng Pamilya Foundation**  
grants scholarships to indigent students.



**Jesus Christ Cares for Cancer**  
provides financial assistance and pastoral care for indigent cancer patients.

**The Light of Jesus Pastoral Care Center**  
ministers to those who are emotionally and spiritually wounded.



**H.A.I.L. MARY** is acronym for Healthcare Assistance for Indigents and Lepers of Mary, adopting the Blessed Mother as the patroness of its mission to eradicate leprosy in Abra within 8–10 years.



**The Light of Jesus Disaster Recovery Ministry**  
provides evacuation assistance, relief goods, financial aid, and other needs of calamity victims.

**The Light of Jesus Prison Ministry**  
brings Jesus to the Correctional Institution for Women to give them hope for a new life of dignity.



**Anawim Lay Missions Foundation** provides a home for poor elderly who have been abandoned by their family and have nowhere else to go.

## CHOOSE HOW YOU WANT TO GIVE

1. Donate ONLINE (through credit card) Go to [www.kerygmfamily.com](http://www.kerygmfamily.com) and click 'DONATE' box Paypal I US Donations.

2. Pick Up from Your House or Office (Metro Manila Only) Cash or Checks Address Checks to Shepherd's Voice Radio and Television Foundation Inc. and call Joy at (+632) 725 -9999 loc 112 or text (+63) 922-828-9890 and we'll pick them up from your home or office.

3. Mail 12 Post-Dated Checks to Our Office for US and CANADA: Address Checks to Kerygma Family, 848 Rainbow Blvd # 1937, Las Vegas, NV 89107. For Other Countries/Philippines: Address Check to Shepherd's Voice Radio and Television Foundation Inc. and mail (registered mail) to Shepherd's Voice, 60 Chicago St., Cubao, Quezon City, Philippines 1109.

4. Directly Deposit to Our Bank Accounts. Deposit to Shepherd's Voice Account in any branch of these banks:

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Banco de Oro Savings Account no: 003970019804 General Araneta, Cubao

Branch Banco de Oro - Savings Account no. 000160506123 SM Cubao Branch

PNB - Current Account no. 108410089566 SSS branch

Metrobank-Savings Account no. 265-3-26509112-2 e Rodriguez Branch

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Note: Text, Fax, or email us your name, date and amount of deposit, and the branch of the bank where you deposited your donation, or fax the deposit slip to us. Email us at [support@kerygmfamily.com](mailto:support@kerygmfamily.com) or text us at (63) 922-828-9890/ (63) 998-968-4416 or Fax to (+632) 725-1230





# **FAMILY ONLINE NEWSMAGAZINE**

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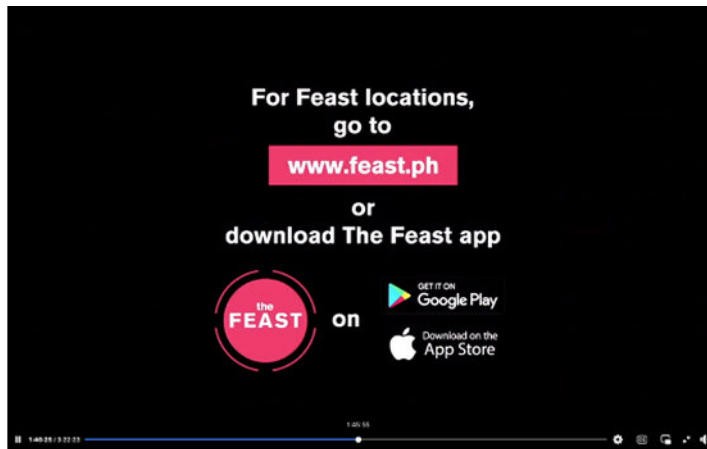
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***Go and make disciples of all men.***

— Matthew 28:19







